

NON-SUICIDAL SELF-INJURY AMONG SCHOOL-AGED ADOLESCENTS: PREVALENCE OF AND ASSOCIATED FACTORS IN SOUTHERN BRAZIL

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Theme

- Indicadores de tendências sociais, políticas públicas e sociais centradas no bem-estar das crianças e adolescentes

Subtheme

- Saúde física e mental

Summary

Adolescent health is a right of this population, as well as a social responsibility both for the current and future generations. Although physical health is prioritized by health systems, due to its unequivocal manifestations, an integral approach to health is necessary. The risk factors for adolescent health are of multiple order, as are the approaches required for their care. Adolescence is considered a stage of the life cycle, which goes from 10 to 19 years old, characterized by several physical and psychological changes. The behaviors adopted and living conditions during this period have a serious impact on the health, identity construction, and development of adolescents, with important effects on their health in adulthood. About half of psychopathologies begin at age 14, but most cases go unrecognized and untreated, with serious lifelong consequences for mental health. In this scenario, and based on it, there has been an increase in non-suicidal self-mutilation practices among adolescents. Nonsuicidal self-injury (AMNS) behaviors among adolescents are those that intentionally provoke self-harm without suicidal ideation. Its prevalence in several contexts has been high and it can be considered as a public health problem. This cross-sectional, school-based study investigated the prevalence and factors associated with nonsuicidal self-injury among 878 school adolescents from a city in the metropolitan region of Porto Alegre, Brazil. As instruments were used the Sociodemographic survey; Nonsuicidal self-injury scale; Brazilian Coping Scale for adolescents; Trait meta-mood scale; Communication scale with reference people; Interpersonal stress scale; Childhood Trauma Questionnaire; Interpersonal social skills Scale; General Health Questionnaire – 12 items and Positive and Negative Affect Scale. A high prevalence of (53.9%) was found and the hierarchical logistic regression analysis showed that the adolescents with AMNS had more chances of having between 13 and 17 years, economic classification A and B, with no religious practice, little clarity, and poor emotional repair, with greater difficulty communicating with referrals, with greater interpersonal stress, with the presence of common mental disorders and with a greater experience of negative affect. Prevention and intervention in nonsuicidal self-injury are necessary among adolescents, especially in schools, as this is where adolescents spend a lot of

their time. It is necessary to encourage the development of functional coping strategies, not only against nonsuicidal self-injury but also against psychological problems in general.